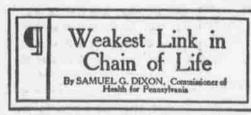


cian a few weeks ago. On telling him that I was hard of hearing and a lip reader, he gave no sign of having any prior knowledge of it. This seems remarkable to me. In looking for relief from my deafness, I have been treated or examined by about a half-dozen physicians. Only one of them recommended lip reading. He was the last one, and I have followed his advice with the most gratifying results. I am positive the others knew very little, if anything, about the art of lip reading. If they knew of its value to the deaf, they would have suggested it without hesitation.

The Volta bureau of Washington, D. C., an association devoted to the interests of the deaf, will gladly furnish information when requested and where teachers may be found. Private instruction is better than class instruction, as there are various mental habits to be overcome before the pupil can become expert in lip reading. Class instruction, as given in the Chicago public schools is desirable where the person cannot afford the other method.

I took seventy-four lessons, three a week, privately. When I had taken about half of them I could understand my folks at home with very little difficulty, without hearing their voices. Now I read their lips with ease and understand them very well, as I do many of my friends and people I come in contact with every day. I am acquainted with a score or more of lip readers. A few are more proficient than I am, most of them are as good, and others are beginners and getting along nicely. All of us are gradually learning to forget our defect and human intercourse is becoming more a pleasure than torture,



Do you know which is the weakest link in your chain of life? Is it heart, lungs, digestion or nerves? Which of the various organs and functions of the body seems to threaten trouble?

The fact that lip reading

for the hard of hearing is

so little known about was

brought forcibly to my mind

when I spoke to a physi-

The chances are that unless you have a thorough physical examination you could not tell, for symptoms are misleading and often their manifestation is general or sympathetically indicates the trouble is located in some other organ than the one which is the actual seat of the trouble.

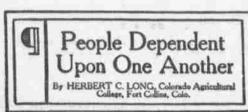
If there is a knock in the engine of your automobile you are the first to desire an overhauling to rectify the trouble. You know if a mechanical defect of this sort continues it is going to multiply the trouble before long, and that is just what happens with the human mechanism.

It is well known by the medical profession that those suffering from organic complaints may often, through vigorous adherence to certain rational methods of living, recover sufficiently to live long and useful lives, while those suffering from functional disorders may, by following out the instructions of able medical men, entirely recover their health.

Everyone suffering with a persistent cold, headache or pains should consult a good physician and submit himself to a thorough physical examination. It would be well for everyone to be examined once a year. This should include an examination of the blood vessels, blood, heart, lungs, kidneys, a consideration of weight in regard to height, and the general activities of the various organs.

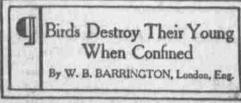
Such an examination superficially made is of no value. It should be thorough and the daily routine and habits of the individual carefully considered in relation to his physical condition.

Men ordinarily are obliged to submit to a medical examination now and then when they take out life insurance. Women are not so often insured, and hence under ordinary circumstances are more apt to neglect physical examination. It is equally essential to both.



The people of country places, much more than city folks, are dependent upon one another. The city man may, and very often does, find business and social associates in a part of the

city remote from his place of residence; but the man who lives in the rural locality is almost wholly dependent in both business and social matters upon those who might properly be called his neighbors. It would seem, therefore, that such people ought to be on the best of terms. As a matter of fact, they are not always. They know each other too well. In a small community everybody knows everybody else, and a large topic of conversation is the faults and failings of the absent neighbors. In reality they do not know each other as well as they think they do; their acquaintance is superficial because it is the result of association and not friendliness. Some people make themselves and others miserable because they insist on putting the worst possible interpretation upon the words found to contain some human bones, and acts of their neighbors, when, as a matter of fact, the chief fault lies in themselves. People should try to interpret the conduct of those about them sympathetically, and when possible attribute good motives to them. People in rural communities would find life much more enjoyable if they cultivated a spirit of friendly helpfulness. There are such communities, and it is a pleasure to live in them. What are you doing to cultivate such a spirit in your neighborhood? Folks can't be hateful and happy too.



While residing in the country, some years ago, and walking out one evening, I found a nest of young blackbirds. The young birds were almost fledged. Taking them home

with me, I put them in a cage, and the next morning hung them out under a tree, and in about an hour I saw the old birds at the cage, evidently the late labor troubles. They are delighted to find their young.

The old birds came regularly every two hours and fed them with worms and grubs. This continued for two days, the old birds trying all in their power to get the young ones out. On the third day I noticed the old birds bring a berry, which they gave the young ones, two of whom died that evening and the rest next day. The old hirds then left off

The berries, on examination, proved to be the seeds of the Atropa belladonna, or deadly nightshade. This convinced me of what I had heard about these birds destroying their young if allowed to feed them in impris-

I am told that other birds have the same instinct.

# ON TWO FRONTS

RUSSIAN AND BRITISH JOIN IN MAKING LIFE MISERABLE FOR MOSLEMS.

### NOTHING DOING ELSEWHERE

Artillery Engagements on French Line and Italians Worry Austrians-Montenegrins Flee to Mountain Fastnesses.

London.-The Turks are now being attacked by both Russians and Brit-In the Caucasus the Russians, greatly re-enforced, are on the offensive along a front of almost a hundred miles, while in Mesopotamia the British have forced the retirement of the Ottoman troops along both banks of the Tigris River to the south of Kut-el-Amara, and still are closely pressing them on the east and the

Continues Pursuit of Montenegrins. On the other fronts, except in Montenegro, little fighting is in progress. On the line in France and Belgium the operations have consisted mainly of artillery duels and mining and

counter mining work. A trench taken by the Austro-Hungarians from the Italians, near the Tolmino bridgehead, and an increase in the Italian bombardment of this region, and also of Goriza, Mrzlivrh and Monte San Michele form the chief

events on the Austro-Italian lines.

In Montenegro the Austro-Hungarians continue their pursuit of the Montenegrins, capturing from them positions and men.

Sons in Plot to Murder Parents. Chicago.-Irving and Herbert Up dike, sons of Furman D. Updike, millionaire Board of Trade man, were arrested charged with plotting the murder of their parents.

The crime was to have been committed Sunday night, according to confessions which the police of Oak Park, the suburban residence of the Updikes, say the two men made.

Irving Updike, 38 years old, is said to have coerced his brother, 21, into the plot. Belief that the father was to change his will, disinheriting them, is said to have been the motive.

Walks Away With \$17,000. Evansville, Ind.—Stating that the bank had made an error and that he would take the money back to have the mistake rectified, George H. Fink, assistant bookkeeper of the Hercules Buggy Co., walked out of the company's office here with a satchel containing \$17,000, the money for the weekly payroll. He was arrested later and the money recovered.

Church Riot.

Scranton.-Rioting which broke out between rival factions at the church of the Sacred Heart of Jesus in Du-Scranton, Sunday, resulted in death of one man, the probable fatal injury of two others and the serious injury of at least a dozen

Cold and Apoplexy Fatal. Pana, Ill.-Overcome with cold and stricken by apoplexy, Frank Elam, wealthy farmer of South Pana, fell dead in his barn lot. The widow and eight children survive.

Shot Leaving Courthouse. Sullivan, Ill.-Mrs. Betty Bird was shot and killed on the street here as she was leaving the courthouse after being granted a divorce from Charles Bird. No arrests have been made.

Bones Found in "Fool Killer." Chicago. - The crude submarine 'Fool Killer," recovered from the river bottom a few weeks ago, was supposed to be those of the inventor.

Killed Under Load of Grain Grand Forks, N. D .- Martin W. Ross. who until a year ago lived with his parents at Whitehall, Ill., was killed under a load of oats which overturned while he was on the way to market.

2,000 Homeless in Bergen.

Christiania, Norway.-A third of the Paris, France.-A dispatch to the seaport, with a population of 9,000, was destroyed by fire. Two lives were reported to have been lost and 2,000 persons are homeless. The property damage is estimated at \$15,000,000.

Rioters Indicted.

Youngstown, O,-The Mahoning county grand jury in session at East Youngstown, has returned indictments against 26 persons involved in charged with various crimes relating to the recent outbreak.

Fined for Insulting Kasier. Paris, France.-- A dispatch to the Temps says that the Swiss government has prosecuted the editor of the newspaper El Ragno for publishing a scurrilous poem about Emperor Williani. He was fined 300 francs.

Munday Granted Continuance. Morris, Ill .- Judge S. C. Stough has granted C. B. Munday, bank wrecker, another continuance of the hearing of arguments on a motion for a new trial. The date is set for Jan-

# Don't Neglect Kidneys THE EUROPEAN WAR A

Swamp-Root, Dr. Kilmer's Prescription, Overcomes Kidney Trouble

It is now conceded by physicians that the kidneys should have more attention as they control the other organs to a re-markable degree and do a tremendous amount of work in removing the poisons and waste matter from the system by filtering the blood.

The kidneys should receive some as-sistance when needed. We take less ex-ercise, drink less water and often eat more ercise, drink less water and often eat more rich, heavy food, thereby forcing the kidneys to do more work than nature intended. Evidence of kidney trouble, such as lame back, annoying bladder troubles, smarting or burning, brickdust or sediment, sallow complexion, rheumatism, maybe weak or irregular heart action, warns you that your kidneys require nelp immediately to avoid more serious troubles. mmediately to avoid more serious trou-

An ideal herbal compound that has had An ideal perosi congress as a kidney and bladder remedy is Dr. Kilmer's Swamp-Root. There is nothing else like it. It There is nothing else like it. is Dr. Kilmer's prescription used in private practice and it is sure to benefit you. Get a bottle from your druggist.

However, if you wish first to test this great preparation, send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper .- Adv.

True to Life. "I'm always the goat."

"That's because you're always butting in."

## FOR BABY RASHES

Cuticura Soap is Best Because So Soothing and Cooling. Trial Free.

If baby is troubled with rashes, eczemas, itchings, chafings or hot, irritated skin follow Cuticura Soap bath with light application of Cuticura Ointment to the affected part. Nothing so soothing, cooling and refreshing when he is fretful and sleepless.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L. Boston. Sold everywhere.-Adv.

"What is Jack Summers fretting about?"

"Afraid his wife can come back."

Wife Beats Talking Machine. A talking machine isn't in it with a wife-and that's not intended for a joke, either-it was proved by a decision handed down in the New York supreme court. A woman suing for separation on the grounds of desertion also demanded alimony. The husband strenuously objected to the alimony on the ground that he had purchased a talking machine and was very heavily involved in trying to meet payments on it. The justice declared that a wife came first. He ordered the defendant to get rid of his canned music, if necessary, or in any event to pay his wife alimony.

Couldn't Win Cadetship. Although during war time the standard of the entrance examination for army cadetship has been slightly lowered, it would probably even so prove too severe a test for some of our public men, the London Chronicle observes. When the duke of Edinburgh a naval cadet the n sort sent Lord Derby the papers done by his son.

"As I looked through these," the prime minister wrote on returning them, "I could not but feel very grateful that no such examination was necessary to qualify his majesty's ministers for their office, as it would seriously increase the difficulties of forming an administration."

#### PRESSED HARD Coffee's Weight on Old Age.

When people realize the injurious effects of coffee and the better health that a change to Postum can bring, they are usually glad to lend their testimony for the benefit of others.

"My mother, since her early childhood, was an inveterate coffee drinker, had been troubled with her heart for a number of years and complained of that 'weak-all-over' feeling and sick

"Some time ago I was making a visit to a distant part of the country and took dinner with one of the merchants of the place. I noticed a somewhat unusual flavor of the 'coffee' and asked him concerning it. He replied that it was Postum.

"I was so pleased with it that I bought a package to carry home with me, and had wife prepare some for the next meal. The whole family liked it so well that we discontinued coffee and used Postum entirely.

"I had been very anxious concerning my mother's condition, but we noticed that after using Postum for a short time she felt much better, had little trouble with her heart, and no sick stomach; that the headaches were not so frequent, and her general condition much improved. This continued until she was well and hearty.

"I know Postum has benefited myself and the other members of the family, especially my mother, as she was a victim of long standing." Name given by Postum Co., Battle Creek, this country \$3,000,000 a day Mich.

Postum comes in two forms: Postum Cercal-the original formmust be well boiled. 15c and 25c pack-Instant Postum a soluble powder-

dissolves quickly in a cup of hot water, and, with cream and sugar, makes delicious baverage instantly, 80s and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Resson" for Postum.

-sold by Grocers.

# YEAR AGO THIS WEEK

Jan. 17, 1915. Allies took German trenches in Belgium and closed in on Lille. Russians took Kirlibaba pass in Bukowina and pushed along right

bank of Vistula. Germans were pushed back on Piotsk. Turkish corps was cut to pieces

n the Caucasus. Antiwar demonstration in nna; Czech editor executed for treason.

Jan 18, 1915. Fierce fighting took place at La Boisselle.

Germans occupied Kielce and Russians fell back to Radom. Plotsk evacuated by the Germans. Paris darkened at night by po-

Jan. 19, 1915.

ce order.

French advanced in attempt to ut off St. Mihiel.

German airships dropped bombs on Yarmouth, King's Lynn, and other English towns, killing four persons.

French in forest of Le Pretre within ten miles of Metz. Austrian army flanked by Russians in Bukowina.

Jan. 20, 1915. British troops captured Freylinguysen.

Russians drove back Austrians in lungary and marched on Jacobeni. Dutch naval patrol boat sunk by nine, five men drowned. Governor of Cracow ordered

partial evacuation of the city.

Jan. 21, 1915. Germans repulsed in the Ardennes woods by French and Bel-

gians. French retook trenches at Notre Dame de Lorette.

Germans retook the forest of Le Pretre. Russians renewed their offensive

against Mlawa. Austrians routed Russians from intrenchments along the Donajec.

German cruiser Karlsruhe reported off Porto Rico. Allied airmen dropped bombs on Essen.

Jan. 22, 1915. Fierce fighting in Hartmanns-

veilerkopf region, New Russian army neared Prusian border. Russian invasion of Hungary was

alted. German submarine sank British Steamer Durward.

Maj. Gen. Sam Hughes began en isting third Canadian contingent. Russia ordered expulsion of Austrian and German subjects.

Jan. 23, 1915.

German troops were massed in lungary. Rucsians made further advance

n the north. German airmen dropped bombs on Dunkirk.

Mme. Groultch came to America seeking seeds for Serbians, Germans renewed their activity

near Ypres and bombarded left wing of allles. Severe battle in the Argonne re-

German supply ship was sunk by

Australian cruiser. Italian vice-consul at Liege dis missed by Germans for aiding Belgians.

## TAKEN FROM EXCHANGES

In Sweden a mile is 11,690 yards. Scotland has the longest bridge in the world-the Lay, two miles and 70 yards in length.

It is said that a humming bird when stripped of its feathers is no larger than a bumble bee.

A duster made of cheesecloth, soaked in turpentine and then dried, will accumulate dust instead of scat-

The Cape Cod canal is now restricted to boats of less than 18 feet draft, but it will soon be deepened to a 35-foot waterway. A Russian inventor claims to have

perfected a motor that can safely utilize electricity drawn from storm clouds.

A partitioned gravy dish has been invented that permits fat gravy to be poured from one side and lean from the other.

The governments of both Denmark and Sweden are investigating a recent discovery of coal on the island of Bornholm, a Danish possession close to the Swedish coast.

So that bleyelists will not have to wear trouser guards a North Carolina has invented a large disk to be attached to the outside of the forward sprocket of a wheel.

The needless infantile death rate owing to neglect and ignorance costs

One of the famous carillons of Flanders, a magnificent chime of bells, has been transferred to the English village of Cattistock, where great interest is taken in the frequent concerts for which use is made of them.

The fossil o. an elephant that is being excavator from a gravel bed near Chatham, England, is declared to have supported the careass of an "elephas antiquus of the early pleistocene period." a puny little runt of a beast but a trice larger than a mammoth.

# Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a tesspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing sweetening and purifying the entire alimentary canal before putting

more food into the stomach. The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at your druggist or from the store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.-Adv.

She Was Right.

Fortune Teller-You will marry a

Woman-That's Tim! He works for the gas company.-Harvard Lam-

Look, Mother! If tongue coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sours, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful 'of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the sys-

tem, and you have a well child again. Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Easy.

"She's the limit at flirting with soda water clerks." "How long can she keep up the filr tation?"

"Oh, about five sodas."

To Fortify the System

Many users of GROVE'S TASTELESS chill TONIO make it a practice to take a number of bottles in the fall to strengthen and fortify the system against the cold weather during the winter. Everyone knows the tonic effect of Quinine and from which this preparation contains in a tasteless and acceptable form. It purifies and enriches the blood and builds up the whole system. 50c.

Not Like Him. Crank-Jack Speed, our boss baseball catcher, is playing in vaudaville this winter.

Fiend-Well, judging from his batting average, he won't make a hitl

RECIPE FOR GRAY HAIR. To half plut of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 16 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any draw gist can put this up or you can mix it home at very little cost. It will gradually darken streaked, faded gray hair and removes dandruff. It is excellent for failinhair and will make harsh hair soft and glossy It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

Just a Spot of Water as a Rule. Mistress-What are you going to do with that sponge? Cook-To get the piece of ice the teeman left on the step this morning.

Plies Cured in 6 to 14 Days ugists relund money if PAZO OINTMENT in cure Itching, Blind, Ricoding or Protrad-Piles. First application gives relief. 500

Function of the Hammer. "Why do you knock so? Why are you always using the hammer?" "I do it to rivet attention, my boy."

To keep clean and healthy take Dr. Pierce's Pleasant Pellots. They regulate liver, bowsis and atomach.—Adv.

Some men are as proud of their ancestors as a solf-made man in of him-